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Linda McCulloch  
Superintendent

## **THINK FOOD**



### *School Nutrition Programs December 2005*

#### **My Pyramid for Kids**

Have you seen the new MyPyramid for Kids? It's the children's version of the 2005 MyPyramid, and was created especially for ages 6-11 years old. The MyPyramid for Kids materials include a colorful, eye-catching poster; lesson plans designed specifically for elementary school students; and more. The materials can be used to motivate students to make smart eating and activity choices. You are really encouraged to check out these great materials. To view and download, go to: [www.mypyramid.gov/kids/index.html](http://www.mypyramid.gov/kids/index.html) or <http://teamnutrition.usda.gov/kids-pyramid.html>.

#### **Nutrition Decision: Games for Adolescents**

The National Food Service Management Institute (NFSMI), through a cooperative agreement with the USDA,

has developed a fabulous new CD for adolescents. It contains great computer games that teach how to read nutrition labels, estimate serving sizes, and exercise more. The interactive games are available at: [www.nutritiondecision.org](http://www.nutritiondecision.org).

#### **HealthierUS Schools**

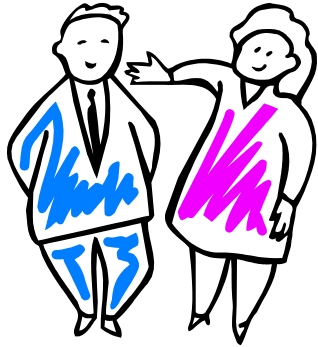
USDA's Food and Nutrition Service (FNS) wants to encourage schools to continue to improve the quality and nutritional content of foods served at school, and has established the HealthierUS School Challenge to encourage and recognize schools that are working hard to promote health. HealthierUS Schools can be certified as either **Silver or Gold Schools**, according to standards established by FNS. To learn more go to: <http://teamnutrition.usda.gov/HealthierUS/index.html>.

*Adapted from <http://teamnutrition.usda.gov/HealthierUS/index.html>*



*"It is the mission of the Office of Public Instruction to improve teaching and learning through communication, collaboration, advocacy, and accountability to those we serve."*

## Welcome New Staff!



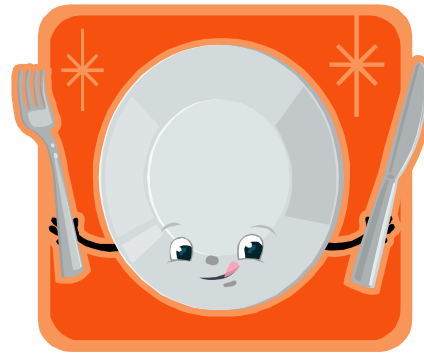
School Nutrition Programs would like to welcome two new staff to our team.

- Lori Rittel, M.S., R.D. was hired as a School Nutrition Programs Specialist in October 2005. She has a master's in Food Science and Nutrition from Texas Woman's University, Houston, Texas, and has previously worked for the Child and Adult Care Food Program, the Dairy Council, and the state WIC Program. As part of her position, she will be visiting schools conducting reviews and trainings.
- Mary Stein, M.S., R.D., a previous Montana Team Nutrition Educator, has rejoined the team and will focus her efforts in the near future on helping schools to establish HACCP programs and assisting school administrators and school boards in the development and adoption of school wellness policies. Mary received her bachelor's degree in Biology from Tufts University and master's degree in Nutrition Science from Colorado State University.

We would also like to wish Debi Miller, M.S., R.D. a fond farewell and best wishes

to her in 2006. Debi left her position with the Team Nutrition Program in late November to pursue other interests in nutrition. We appreciated her hard work and commitment to training and technical assistance on nutrition education, food service management and creating healthy school nutrition environments.

## Upcoming ServSafe Trainings ... Sign Up Now if You Need to Attend!



As you hopefully know by now, a food safety plan based on HACCP principles is required for all school food services. Food Services Managers need to be certified in ServSafe *before* taking the HACCP training that will be offered March 9, 2006, in Butte, Havre, Kalispell or Miles City. Many of you have been waiting to find out when and where the ServSafe trainings will be held. Select a class from the attached schedule. Classes are on a first-come, first-served basis, so sign up soon. The eight-hour course is necessary to become certified in ServSafe and is recommended for managers. The four-hour course is a good overview of food safety principles for all dietary staff.

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### Frozen Commodities Still Available

- Ground Beef
- Carrots
- Mozzarella Cheese, Shredded
- Cherries IQF
- Chicken, Breaded
- Chicken, Diced
- Eggs
- Peas
- Pork Roasts
- Potatoes, Oven Fries
- Roasted Oven Ready Chicken
- Turkey Roasts

To receive these items on Shipment 8, *the last frozen shipment*, please order by January 13, 2006. These items will be charged to your entitlement.

### Deli Turkey Breast Cancelled

Low inventory and consistent commercial demand restricted offers of turkey purchases and held prices at record levels. The September 2005 cold storage holdings of turkeys were the lowest since 1986. The USDA is not optimistic that they will be able to buy all orders listed. They are asking states to voluntarily delete some roasts, ham and deli orders. Therefore, we will be **canceling our turkey breast deli order**. It will be replaced with our second truckload of turkey breasts that we received this month. Your entitlement will be updated to reflect this canceled order. Refer to the additional commodities listed above if you would like to order something to replace the deli turkey breast.

### Don't Forget Your Cherries

The deadline for ordering the IQF Cherries is being extended to January 3, 2006. So far, 47 schools have ordered a total of 213 cases. There are still 747 cases available. The cherries come in a 40# carton and can be served thawed in fruit cups. They can also add pizzazz to jello, cobblers, or quick breads. Try the tasty recipe below.

### Tangy Cherry Salad

- Yield: 100 servings
- Portion Size: 1/2 cup



### Ingredients:

2 #10 cans sliced peaches, drained  
1 #10 can pear halves, sliced, drained  
3 lbs apples, fresh, unpeeled, cored, chopped  
2 1/4 lbs dried tart cherries  
(use 3 3/4 lbs thawed, drained IQF cherries)  
2 1/2 cups lemonade concentrate, frozen, thawed

### Methods:

1. In a large bowl, combine peaches, pears, apples, and cherries.
2. Drizzle lemonade concentrate over top. Toss gently to combine.
3. Refrigerate, covered, at least 2 hours before serving. Salad will keep in the refrigerator for up to 2 days.

ROUTE TO: _____ Food Service Director _____ Kitchen Staff _____ Administration
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*Forms and other important information regarding School Nutrition Programs can be found on the Web page [www.opi.mt.gov](http://www.opi.mt.gov).*

<b>Eight-Hour ServSafe Course (Certification)</b>		
<b>Date</b>	<b>Location</b>	<b>Contact</b>
1/11/06	Billings	Yellowstone Extension Bernie Mason 256-2828 <a href="mailto:bmason@co.yellowstone.mt.us">bmason@co.yellowstone.mt.us</a>
1/24/06	Miles City	Custer County Extension Tara Andrews 874-3370 <a href="mailto:tandrews@montana.edu">tandrews@montana.edu</a>
1/30 & 1/31 2006 Done in 16 hours Reg. deadline: 1/02/06	Helena	Lewis & Clark Co Health Dept Laurel Riek 447-8361 <a href="mailto:riek@lewis-clark.mt.us">riek@lewis-clark.mt.us</a>
2/02/06	Billings	Sysco Montana Drew Alpers 800-755-3673 x 1171 <a href="mailto:Alpers.drew@mt.sysco.com">Alpers.drew@mt.sysco.com</a>
2/07/06	Bozeman	Food Service of America Mike Callaghan 800-829-4045 x7866 <a href="mailto:mike_callaghan@fsafood.com">mike_callaghan@fsafood.com</a>
2/14/06	Havre	Hill County Extension Jennifer Wells 265-5461 x233 <a href="mailto:wellsj@co.hill.mt.us">wellsj@co.hill.mt.us</a>
3/14/06	Billings	Yellowstone Extension Bernie Mason 256-2828 <a href="mailto:bmason@co.yellowstone.mt.us">bmason@co.yellowstone.mt.us</a>
3/29/06	Columbus	Stillwater County Health Nicole Powell 322-8035 <a href="mailto:Stillwater@montana.edu">Stillwater@montana.edu</a>
4/18/06	Gardiner	Sysco Montana Drew Alpers 800-755-3673 x1171 <a href="mailto:Alpers.drew@mt.sysco.com">Alpers.drew@mt.sysco.com</a>
4/19/06	Great Falls	Food Service of America Mike Callaghan 800-829-4045 x7866 <a href="mailto:mike_callaghan@fsafood.com">mike_callaghan@fsafood.com</a>
5/10/06	Billings	Yellowstone Extension Bernie Mason 256-2828 <a href="mailto:bmason@co.yellowstone.mt.us">bmason@co.yellowstone.mt.us</a>

<b>Eight-Hour ServSafe Course (Certification) Continued</b>		
<b>Date</b>	<b>Location</b>	<b>Contact</b>
6/20/06	Glendive	Food Service of America Mike Callaghan 800-829-4045 x7866 <a href="mailto:mike_callaghan@fsafood.com">mike_callaghan@fsafood.com</a>
9/07/06	Great Falls	Sysco Montana Drew Alpers 800-755-3673 x1171 <a href="mailto:Alpers.drew@mt.sysco.com">Alpers.drew@mt.sysco.com</a>
10/11/06	Helena	Food Service of America Mike Callaghan 800-829-4045 x7866 <a href="mailto:mike_callaghan@fsafood.com">mike_callaghan@fsafood.com</a>
11/16/06	Missoula	Sysco Montana Drew Alpers 800-755-3673 x1171 <a href="mailto:Alpers.drew@mt.sysco.com">Alpers.drew@mt.sysco.com</a>
12/5/06	Missoula	Food Service of America Mike Callaghan 800-829-4045 x7866 <a href="mailto:mike_callaghan@fsafood.com">mike_callaghan@fsafood.com</a>

<b>Four-Hour ServSafe Course (Certification)</b>		
<b>Date</b>	<b>Location</b>	<b>Contact</b>
1/23/06	Miles City	Custer County Extension Tara Andrews 874-3370 <a href="mailto:tandrews@montana.edu">tandrews@montana.edu</a>
1/27/06	Columbus	Stillwater County Extension Karen Tyra 322-8035 <a href="mailto:ktyra@montana.edu">ktyra@montana.edu</a>
3/10/06	Billings	Yellowstone Extension Bernie Mason 256-2828 <a href="mailto:bmason@co.yellowstone.mt.us">bmason@co.yellowstone.mt.us</a>
3/29/06	Columbus	Stillwater County Health Nicole Powell 322-8035 <a href="mailto:Stillwater@montana.edu">Stillwater@montana.edu</a>